

TABLE III:4-2. PERMISSIBLE HEAT EXPOSURE THRESHOLD LIMIT VALUE

Work/rest regimen	----- Work Load* -----		
	Light	Moderate	Heavy
Continuous work	30.0°C (86°F)	26.7°C (80°F)	25.0°C (77°F)
75% Work, 25% rest, each hour	30.6°C (87°F)	28.0°C (82°F)	25.9°C (78°F)
50% Work, 50% rest, each hour	31.4°C (89°F)	29.4°C (85°F)	27.9°C (82°F)
25% Work, 75% rest, each hour	32.2°C (90°F)	31.1°C (88°F)	30.0°C (86°F)

*Values are in °C and °F, WBGT.

These TLV's are based on the assumption that nearly all acclimatized, fully clothed workers with adequate water and salt intake should be able to function effectively under the given working conditions without exceeding a deep body temperature of 38°C (100.4° F). They are also based on the assumption that the WBGT of the resting place is the same or very close to that of the workplace. Where the WBGT of the work area is different from that of the rest area, a time-weighted average should be used (consult the ACGIH *1992-1993 Threshold Limit Values for Chemical Substances and Physical Agents and Biological Exposure Indices* (1992).

These TLV's apply to physically fit and acclimatized individuals wearing light summer clothing. If heavier clothing that impedes sweat or has a higher insulation value is required, the permissible heat exposure TLV's in Table III:4-2 must be reduced by the corrections shown in Table III:4-3.

TABLE III:4-3. WBGT CORRECTION FACTORS IN °C

Clothing type	Clo* value	WBGT correction
Summer lightweight working clothing	0.6	0
Cotton coveralls	1.0	-2
Winter work clothing	1.4	-4
Water barrier, permeable	1.2	-6

*Clo: Insulation value of clothing. One clo = 5.55 kcal/m²/hr of heat exchange by radiation and convection for each degree °C difference in temperature between the skin and the adjusted dry bulb temperature.

Note: Deleted from the previous version are trade names and "fully encapsulating suit, gloves, boots and hood" including its clo value of 1.2 and WBGT correction of -10.